

NORFOLK RUNNERS CLUB

Race Results - September 17, 2011

Distances:

Half Marathon (13.1 miles) 37½ laps - 12:50 pm
15 K (9.3 miles) 27 laps - 1:45 pm
5 K (3.1 miles) 9 laps - 12:50 pm

Weather:

65° & Sunny

Age Classes: Open - 39 & under
Master - 40 - 49
Senior - 50 - 59
Grand Master - 60 & over

Thanks to Timers:

Paulo Vargas
All Club Members

Half Marathon - Record: Alex Rodriguez - 1:23:42 (9/18/10)

<u>Runner</u>	<u>Time</u>	<u>Pace</u>	<u>Pts.</u>	<u>Age - Place</u>
Robert Chadronet	1:29:20	6:49	32	Open - 1
Paul Wojtanek	1:32:02	7:02	28	Master - 1
Paul White	1:36:55	7:24	25	Master - 2
Eric Boyarsky	1:46:10	8:06	23	Open - 2
Jeff Wills	1:54:01	8:42	22	Senior - 1
Rich Ferguson	2:14:19	10:15	21	G.Master - 1

15 K - Record: Alex Rodriguez - 58:34 (8/21/10)

<u>Runner</u>	<u>Time</u>	<u>Pace</u>	<u>Pts.</u>	<u>Age - Place</u>
Earl Bower	1:07:15	7:13	28	Open - 1
Stephen Robbins	1:07:16	7:13	24	Master - 1
Pete Contos	1:08:04	7:18	21	Master - 2
Steve Putnam	1:21:44	8:46	19	Senior - 1
James Keown	1:33:23	10:01	18	Open - 2

5 K - Record: Alex Rodriguez - 18:25 (10/30/04)

<u>Runner</u>	<u>Time</u>	<u>Pace</u>	<u>Pts.</u>	<u>Age - Place</u>
Alex Rodriguez	18:45	6:02	22	Open - 1
Anthony Cardillo	23:43	7:38	18	Senior - 1
Scott Chipman	25:45	8:17	15	Master - 1
Eric Laureanno	27:03	8:42	13	Master - 2

- We caught some great weather and the Runners Club wants to thank the entire Norfolk population for keeping the track clear for us.

- There was some time and lap counting issues in the half marathon, but all adjustments have been made and times are correct and official. A great race as 5 of the 6 runners bettered their times from April including a nearly 45 minute improvement by E.Boyarsky, 10 min by J.Wills, and 7½ min by Fergie and Paul Wo.

- My Name Is Earl and S.Robbins dominated the 15 K. Earl bested his time from earlier this year by over 10 min and S.Robbins and President Pete took over 7 min off their 15 K time of a year ago. J.Keown completed his longest race distance.

- The entire 5 K field bettered their times from earlier this year.

Norfolk Runners Club 2011 Point Standings

<u>Runner</u>	<u>Pts.</u>	<u>1mile</u>	<u>2mile</u>	<u>5K</u>	<u>5mile</u>	<u>10K</u>	<u>15K</u>	<u>10mile</u>	<u>½marathon</u>
Robert Chadronet	206	5:08*	11:32	20:30		40:51			1:29:20
Paul Wojtanek	206			20:21	33:59	44:40	1:07:01	1:10:47	1:32:02
Paul White	203			20:44	33:58	44:03	1:09:08	1:14:24	1:35:41
Stephen Robbins	175			21:26	35:47	46:23	1:07:16	1:19:12	1:42:03
Earl Bower	165			21:45	36:07	46:11	1:07:15		1:42:41
Pete Contos	160			22:19	37:24	45:12	1:08:04		1:46:13
Alex Rodriguez	159	5:15	11:12*	18:35		39:15			
Anthony Cardillo	127	6:49	14:29	23:43	39:47	52:25			1:57:01
Rich Ferguson	127			28:08	46:37	62:25	1:33:23	1:44:00	2:14:19
Jeff Wills	120			24:27	41:33	53:41	1:20:22		1:54:01
Eric Boyarsky	109			31:42	47:10		1:20:38	1:20:41	1:46:10
James Keown	104	8:29	16:09	26:20	44:14	56:24	1:33:23		
David St.George	98			28:28	47:14	55:43	1:47:01		2:35:06
Scott Chipman	90			25:45	47:52		1:33:23	1:36:43	
Steve Putnam	84		16:41		41:32	54:05	1:21:44		
Ronnie Mabe	81			27:12		51:10	1:19:44		
Eric Laureanno	80			27:03	50:26	59:54			
Fred Morris	69	6:05	15:29	31:18		53:19			
Rich Gardner	63					41:19			
Ray Streed	37	6:36			41:00				
Matt Ryan	34			23:21	38:42	55:03			
Larry Robinson	17		20:20	34:34					
Mark Heslin	15			25:34					
Dan Throop	11		15:32						
Carlos Carbonic	9					69:00			
Roland Beauchesne	8			32:27					

Bold = Best time this year

* = New Norfolk Runners Club Record

We hope to see you all on Saturday, October 15

West Field - 8:45 am

12:30 pm

1 mile

Marathon (26.2 miles)

5 mile

½Marathon (13.1 miles)

- Well the points race all comes down to this...whoever wins the marathon among Bizz, Paul Wo, and P.White wins the points championship for 2011. E.Boyarsky has the Rookie of the Year lead and plans to run the marathon, if he finishes that title is his. Some personal rivalries are still to be decided at the final race as Anthony "The Anchor" Cardillo and Fergie face off in the ½marathon and the 3-3 title seems to belong to S.Robbins, but the dreaded DNF marathon day could open the door for My Name is Earl or even